

Carolina country




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ALSO INSIDE:

The Cooperative Family

Graveyard of the Atlantic

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Touchstone Energy®
Cooperatives
of North Carolina



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Your Touchstone Energy® Cooperatives

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.



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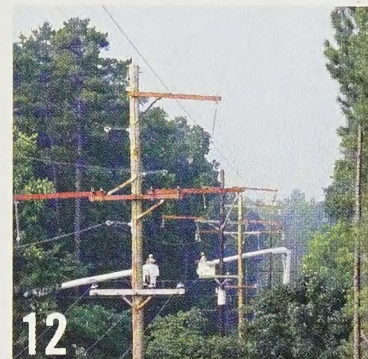
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Over the past 450 years, an untold number of vessels vanished off the Outer Banks without any documentation or evidence at all, filling the sea with forlorn, unnamed souls. A tribute to these lost souls from a new book on shipwrecks. Plus: how to find shipwrecks.



ON THE COVER

Isabella Verna of Creedmoor visiting Hill Ridge Farms in Youngsville, Franklin County. Hill Ridge Farms runs its Fall Harvest and Pumpkin Festival daily through Oct. 31. Call (800) 358-4170 or visit www.hillridgefarms.com. Isa is the daughter of Lino and Tara Verna, members of Wake Electric. (Photo by Tara.)



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Our journey to One North Carolina

By Walter Dalton



We hear a great deal these days about creating “One North Carolina”—a state where everyone prospers. We strive to overcome geographical and sociological boundaries in an effort to improve everyone’s quality of life. During National Cooperative Month, we are reminded of the impact that cooperatives have made in creating One North Carolina.

This month I look back on my 30 years as legal counsel to a rural electric cooperative, as well as my involvement in other vital programs. Starting in the 1930s, rural electrification improved the quality of life for all of America. Modern electric machinery and appliances greatly improved farm efficiency and eased the lives of many farm families. Suddenly, those in rural areas could compete in an economy that had previously been distant to them.

In my 30 years working with an electric cooperative, much has changed. The rural economy has slowly lost bedrock industries, such as furniture, textiles and some important agriculture products. While some rural areas have adjusted to the new economy, other small towns and rural counties have struggled to catch up. However, one thing never changed, and that is good hard working people of faith building a foundation for a better life.

Although many people now take for granted the convenience of reliable electricity, electric cooperatives are still strong factors in developing the new rural economy. It is vital that the citizens of our most prosperous areas recognize the struggle that many others face every day.

During my professional and legislative career, I am fortunate to have been involved in other programs that have historically done a tremendous amount to create “One North Carolina.”

I was fortunate to serve on the board of trustees of a community college and as co-chair of education in the North Carolina Senate for four years. I was able to see the positive impact the community college system has in North Carolina, particularly in rural areas. It is a system that is accessible and affordable; a system that allows parents to further their education; a system that today, through the


Internet and distance learning, offers careers in teaching and the health sciences and four-year degrees from our universities.

Most electric cooperative linemen, for example, receive extensive training through the community college system. While they work and study to become expert linemen, they also are offered an opportunity to work toward associate’s degrees that may serve them later in life.

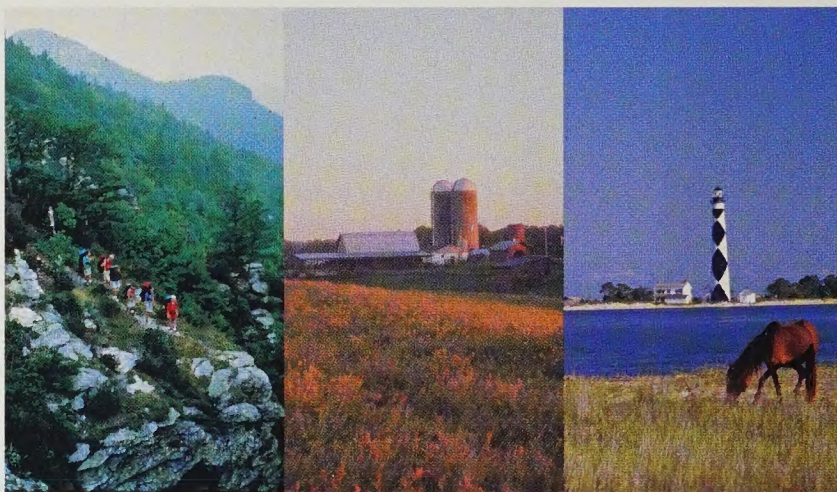
If the rural economy is to continue growing, we must continue improving these opportunities and investing in new ideas. Today, the challenge is to get high-speed Internet to all of North Carolina. Several years ago, the challenge in North Carolina was to expand access to simple dial-up Internet. For the most part, the state has met that challenge, but there is still much work to do.

We must also continue to invest in the basics of economic

development—water, sewer, and technology, as well as educational opportunities. Local governments build or repair water and sewer systems, install technology networks or facilities, and renovate empty business buildings to attract employers and jobs. These investments pay off for rural communities across our state. More than 70 years ago, rural residents knew the economic windfall that new power lines could bring to rural areas. Those types of infrastructure improvements are just as vital today.

As we move forward, we must never forget the investments we have made in the past, but we must also be focused on the future and provide those things that are necessary for a better economy and a better quality of life for all of North Carolina. I believe we are taking those necessary steps and the prospects for the future are bright. As we celebrate National Cooperative Month, I look forward to the journey. 

Walter Dalton has represented Rutherford and Cleveland counties in the North Carolina Senate since his election to the seat in 1996. He also is legal counsel to Rutherford EMC, the Touchstone Energy cooperative serving nearly 65,000 members in Polk, Rutherford, McDowell, Burke, Catawba, Lincoln, Gaston, Cleveland and parts of Caldwell and Mitchell counties.



If the rural economy is to continue growing, we must continue improving these opportunities and investing in new ideas.



Like brother, like sister

About four years ago, Carolina Country ran a picture of my son, Declan Murphy, on one of his Grandpa's watermelons. He was 8 months old at the time. Attached is a picture of his little sister, Angelina. She is 7 months. This melon took second place at the N.C. Farmer's Market today.

*Leighton D. Murphy
Lenoir County / Tri-County EMC*

Thank you, Four County EMC

We would like to commend the men from Four County EMC for working the storm Ernesto in the wee morning hours of Aug. 29, 2006. Our electricity had gone out during the storm. These men left the coziness of their home, the safety of their families, and braved the elements of the storm to come to our community of Kelly to make sure that we once again could enjoy the luxuries of electricity. Thank you, Four County, for valuing your members.

*Catherine and Terry Mitchell
Kelly / Four County EMC*

Mr. Conehead

My wife and I moved into our new house and began to have eerie feelings when we were on the front porch, as though we were being watched.



Then, one day we saw it. There he was, looking at us and waving, from the transformer, high on the utility pole: our own Mr. Conehead. And he's not in a Halloween costume.

*Charlie and Phyllis White
Lexington / EnergyUnited*

Thanks for honest values, hard work, faith in God

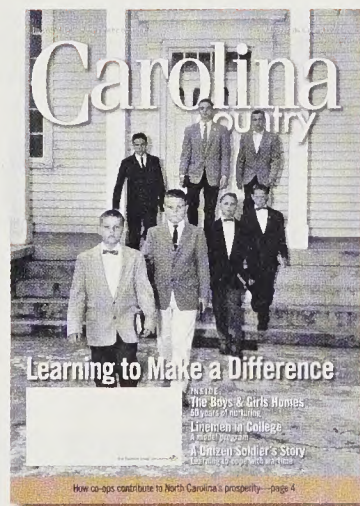
I have subscribed to your magazine for a short number of years now. I absolutely love it. It speaks volumes of the area where I was born and raised, all the while, proudly supporting the honest values, hard work and having faith in God, family and home.

The September issue all but brought tears to my eyes when I gazed upon the cover. What a true delight to see that almost every single young man was carrying a Bible in the photo. Each so nicely and respectfully dressed to be in a house of God. Thank you so much for proudly presenting the past as it truly was. Many of these days would have removed or altered the photo to be "politically correct" or "socially sensitive," and I am pleased that you did not do that in your publication.

My husband and I have lived in Taiwan, ROC, for the past two and a half years with at least two more in our future before we return stateside. It has been a wonderful experience, though we miss many aspects of home. Naturally we miss family and close friends. So to help ease our homesickness, and to know what true seasons we are missing, as Taiwan only has hot and then hotter, I have your beautiful magazine forwarded by our mail service. It is so nice to have pieces of our home, our state and many familiar areas brought to our Asian life. Many of your "You know you're from Carolina Country if..." remind us both of long lost grandparents.

Thank you so much for your articles, photos, etc. Please keep up the great work. It is really appreciated.

Cathy G. Orazem / Taiwan



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The Knottingham B



The Waterstone

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My Daughter, I Wish You Life's Greatest Blessings...



- Hand-crafted and plated with sterling silver
- Lavished with 6 bezel-set Swarovski® crystals

Heartfelt Wishes Charm Bracelet

For a mother, a daughter is Heaven's perfect gift. And from the first moment she holds that precious bundle, every mother wants the best of Heaven and Earth for her child. Now this beautiful blessings charm bracelet will let your daughter know how deeply you care and what wonderful hopes and dreams you have for her.

Exclusive Design ... Hand-crafted with Swarovski® Crystals and Engraved Heart Charms

A Bradford Exchange Exclusive, the "My Daughter, I Wish You" charm bracelet features seven heart charms, and six bezel-set Swarovski® crystals. The hearts are richly engraved with a hopeful word on one side and the poem shown at top on the other. Each crystal sparkles with a special heartfelt wish: the clear crystal is for perfection, the perfect bond between mother and daughter...the sapphire-colored crystal represents peace...the emerald-colored crystal means beauty...the citrine-colored crystal stands for hope...the ruby-colored crystal symbolizes joy...and the amethyst-colored crystal proclaims love. The bracelet adjusts from 7" to 8" and is finished with a locking clasp.

I Wish You

- When you're lonely,
I wish you Love.
- When you're sad,
I wish you Joy.
- When you're discouraged,
I wish you Hope.
- When your spirit is low,
I wish you Beauty.
- When you're troubled,
I wish you Peace.

Poem written by
Jerry Knoll ©1983 Abbey Press Poem

The reverse side of each heart charm is engraved with a verse from the touching poem above.



Remarkable Value ... Available for a Limited Time

Available only from The Bradford Exchange, your bracelet will arrive in a custom-designed gift box with Certificate of Authenticity. An exceptional value at just \$99*, you can pay for it in four monthly installments of \$24.75. Hurry, this is a limited-time offer! To reserve yours, backed by our unconditional 60-day guarantee, send no money now; just fill out and mail the Reservation Application today.

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Commissions will be accepted on a first-come-first-served basis. Respond as soon as possible to reserve your "My Daughter, I Wish You Charm Bracelet"



Charm shown actual size

*Plus \$6.98 shipping and service. Please allow 4-6 weeks for delivery of your bracelet after we receive your initial deposit. All sales subject to product availability and order acceptance.

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9345 Milwaukee Avenue · Niles, IL 60714-1393

YES. Please reserve the "My Daughter, I Wish You Charm Bracelet" for me as described in this announcement.

Please Respond Promptly

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____

State _____ Zip _____

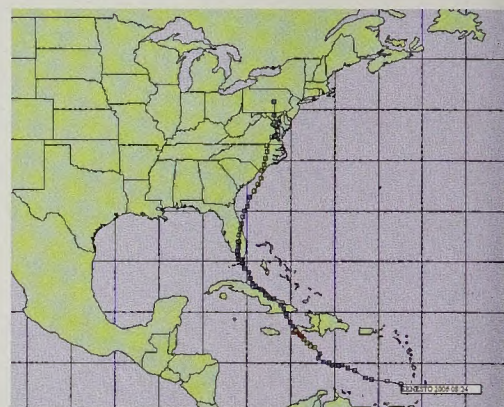
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Hurricane Ernesto brought late August rain

Tropical Storm Ernesto, the first hurricane of the 2006 season, hit the southern North Carolina coast Aug. 31, bringing heavy rain, flooding, and some 17,000 power outages to electric cooperative service areas.

Ernesto was the fifth named storm of the 2006 Atlantic hurricane season, but the first to obtain hurricane strength.

Ernesto formed in the eastern Caribbean Sea on Aug. 24 and within a day gained enough strength to be classified as a tropical storm. On Aug. 27 Ernesto reached hurricane strength as it neared Hispaniola. The storm's interaction with Hispaniola, however, took most of its power and diminished it to a "tropical storm" status when it coursed northeasterly across Florida Aug. 28.



The path of Ernesto

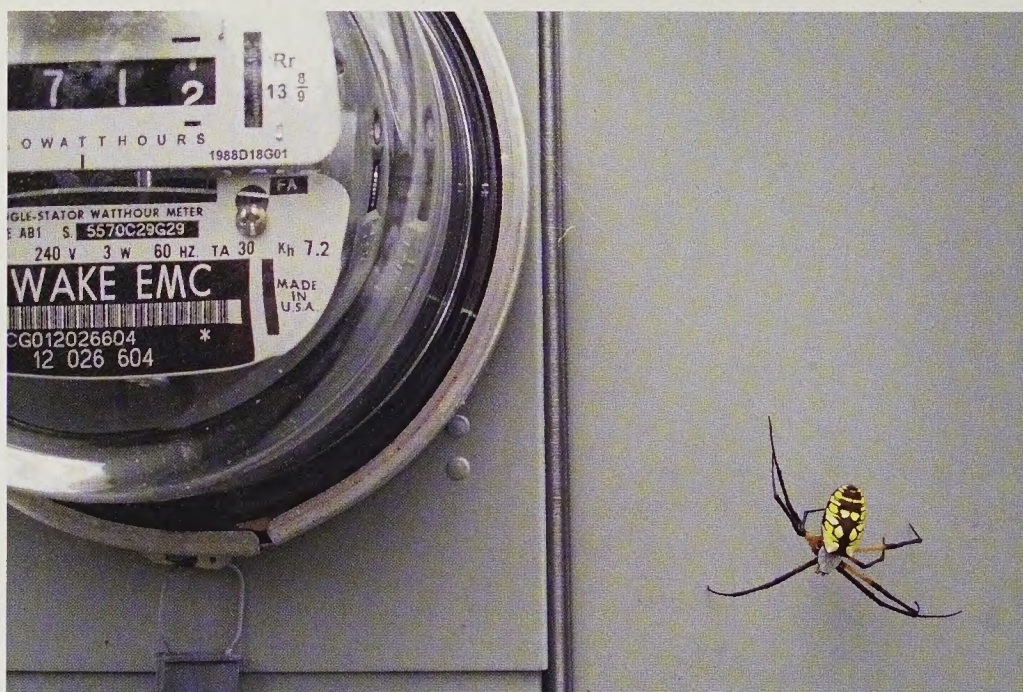
According to the National Hurricane Center, Ernesto made landfall near Long Beach, N.C., late in the evening Thursday, Aug. 31. By midnight Ernesto had dumped up to 12 inches of rain and whipped up strong winds south of Wilmington. Ernesto's maximum sustained winds remained at 70 miles per hour, just below the 74 mph that would have classified it as a Category 1 hurricane.

Even as a tropical storm, Ernesto caused severe damage upon North Carolina with flooded roads, downed trees, power outages and at least three fatalities. The storm moved northward to interior North Carolina along the I-95 corridor and into Virginia. Gov. Mike Easley declared a state of emergency for North Carolina. He activated 150 National Guard troops, half for the eastern part of the state and half for the west. Each unit had two Black Hawk helicopters for aerial rescues and 19 vehicles. Shelters stood ready to accept evacuees.

North Carolina's electric cooperatives reported approximately 17,000 power outages, mostly in Duplin, Onslow, Beaufort, Pender and Wayne counties. Co-op crews had restored power to nearly all homes and businesses within 24 hours.

Ernesto continued to dump rain on Mid-Atlantic states before dying out over Labor Day weekend.

—Ashley Andrews



Meter critter

Marty Hansen of Youngsville sent us this photo and wrote, "This very large 'writing' spider took up residence on the side of my house next to the electric meter. When it senses me coming, it retreats up the web and sits just a few inches from the meter. Wouldn't this make someone think twice about tampering with my electric meter!"

As Marty Hansen knows, North Carolina law specifically prohibits altering, tampering with and bypassing electric meters. (The spider is doing none of the above.) Persons found guilty are liable for triple the amount of losses and damages to the utility, or \$500, whichever is greater.

Anyone using power from an altered meter violates the same law. The person in whose name the meter is installed, and the persons using the electricity, may be liable.

It's also illegal for an unauthorized person to reconnect a meter after the utility has disconnected it.

This law also applies to gas and water meters.

These activities do not apply to licensed contractors performing their usual services within recognized standards.

It's all in North Carolina General Statutes, Chapter 14, Subchapter VI, Article 22, Section 14-151.1.

North Carolina gets hybrid electric school buses

North Carolina is one of 11 states that will be getting a higher grade for investing in energy-efficiency this school year.

Through its Plug-In Hybrid Electric School Bus Project, Advanced Energy, a Raleigh-based nonprofit corporation, arranged with IC Corporation, the nation's largest school bus manufacturer, to provide up to 19 hybrid school buses to the 11 states. The program involved a buyer's consortium of school districts, state energy agencies and student transportation providers.

"This project provides operational benefits to school districts, while also providing the reduced emissions desired by the U.S. Environmental Protection Agency and a valuable return on investment to school boards," said Ewan Pritchard, P.E., Advanced Energy's hybrid program manager.

The hybrid school bus is expected to attain a greater than 40 percent increase in fuel efficiency, from about 8.6 miles per gallon to 12.7. "That's still better than a Hummer," Pritchard said. "But fuel economy is not the main reason for this project. It's more of an emissions-reduction project."

The system recovers kinetic energy during regenerative braking, charging the batteries while the bus is slowing

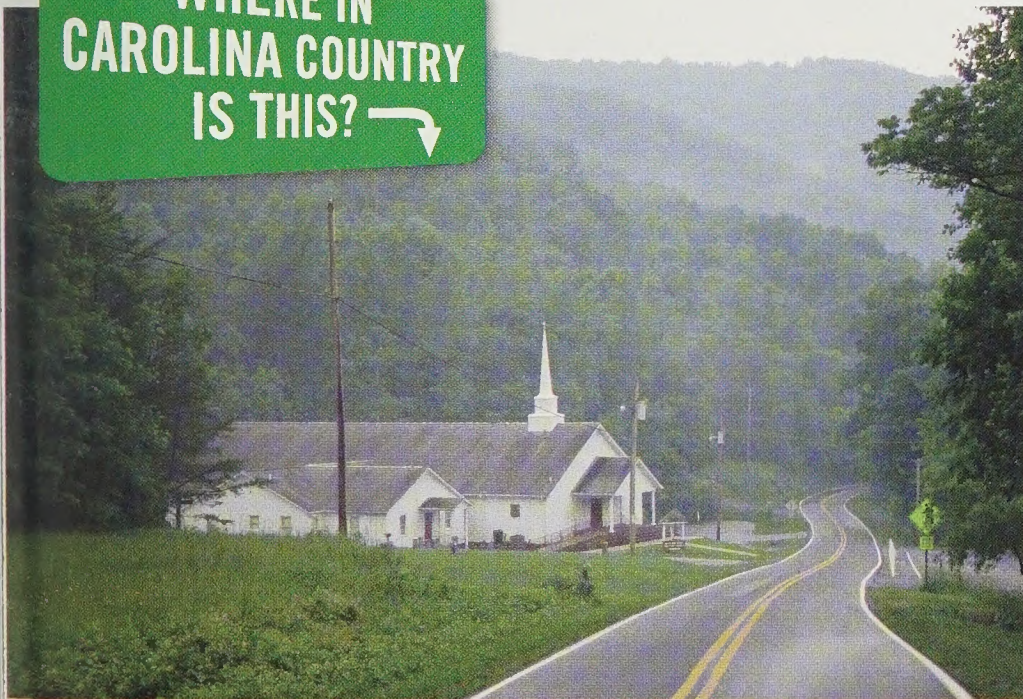
down. This provides additional power for acceleration, making school buses ideal candidates for hybrid technology because of the frequent stops and starts they perform along their daily routes, Pritchard said.

"With fuel prices near all-time highs, new innovations in hybrid technology are needed to help customers in the school bus industry keep their operating costs lower," said Michael Cancelliere, vice president and general manager of IC Corporation. "In addition, even though current International diesel engines on many existing school buses produce no visible smoke and minimal emissions, the hybrid program will reduce engine emissions even further."

The North Carolina Department of Public Instruction is slated to receive two buses. They are expected to operate in the Wake County and Mecklenburg County school systems in January.

Funding to support Advanced Energy's initiative has come from North Carolina's electric utilities, including Touchstone Energy cooperatives, and the State Energy Office in North Carolina.

**WHERE IN
CAROLINA COUNTRY
IS THIS?** →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by October 7 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our November issue, will receive \$25.

September winner:

The September photo showed the J.D. Coates' Country Store on Cunningham Road in Semora, Person County, in Piedmont EMC territory. Tommie Jean Coates Evans told us, "This was my grandfather's store and was in operation from 1928 to 1972. It was owned and operated by my grandparents, Joe and Mary Coates, and was later under the ownership and operation of my father, Thomas Coates, who owns the store today. They were both tobacco farmers and this store sets on part of the farm. The store was a central part of the community when it was in operation with checkers and cards being played most nights and music being played out front on Saturday nights." Steve Evans said that's his 1962 Chevrolet pick-up parked next to it. The photo was made by Grant Davis and Barry Bradsher. Correct answers were numbered and the \$25 winner chosen at random was Vanessa Dale McGhee of Semora, a member of Piedmont EMC.





Believing in the Promise of Young People

The mission of our state's 4-H program has always been to offer a positive and hopeful path for young people. They can view learning as relevant to the world around them, to connect with their communities, and become contributing citizens of their communities and the state of North Carolina.

4-H Leaves Lasting Footprints (2005)

- Nearly 200,000 young people and more than 23,000 volunteers in local programs supported by the resources of the Cooperative Extension System at NC State University and NC A&T State University.
- 34,936 youths participated in community-based clubs led by mentoring adults.
- 95,837 took part in school programs to enhance academic performance and foster interest in science and technology.
- 73,104 participated in programs promoting interpersonal skills, inventive thinking, self-direction, creativity, and personal and civic responsibility.
- 16,262 attended 4-H residential and day camp programs.
- 4-H trained over 2,048 childcare providers in after-school programming.
- 4-H volunteer service projects saved North Carolina communities over \$424,673.
- 4-H'ers earned \$546,216 as result of their project work.

The Face of 4-H is Changing

- 65% Caucasian, 26% African-American, 6% Hispanic, 2% Indian, 1% Asian.
- Youths communicate via-email or video conference with peers in others states and countries.
- Students share environmental science projects.
- In partnership with adults, young people have saved wetlands, created daycare centers, gathered oral histories from their elders, established businesses, and worked with state and local government.
- Their powerful aspirations can strengthen fragile communities, transform rural public education, inform public policy, and produce skilled workers and government leaders



4-H
www.nc4h.org

We discovered the "Secret" to a smooth silhouette...

World's most comfortable bra eliminates bra bulge and makes you look 10 pounds thinner—*Bra-vo!*

Bulky fabrics, pinching hooks, unsightly seams, back aches, bra lines, bad fit—what crazy person invented the conventional bra anyway! Tired of dealing everyday with unflattering and cumbersome bras, Amanda Kennedy, a former actress and model, has finally perfected a comfortable flattering bra for real women. It's the end of the line for visible bra lines and the dreaded back bulge—two big fashion faux pas. Amanda designed the ingenious Sassybax™, a cure for the most common problems of old fashioned bras. The Sassybax™ seamless stretch material is made of super smooth microfiber that hugs your body in a slimming silhouette. This fiber will make you look sleeker and thinner as it smoothes and softens any unsightly back bulges.

It's amazing that an actress like Amanda who spent so much time getting noticed invented a product that is meant to be invisible. She spent 11 years guest starring in such shows as *Cheers*, *Remington Steele*, *Dallas* and *Hart to Hart*, but as she tiptoed into her 40's, she realized that her clothes didn't look so sleek anymore. Her uncomfortable bra accentuated every bulge.

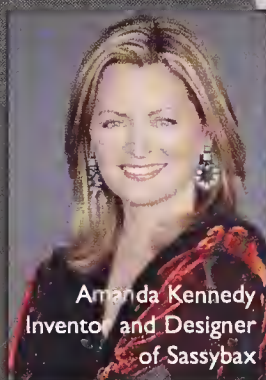
Back bulge is not a woman's fault—

it's the bra. Amanda poured herself into helping greater womanhood, not those few who may be blessed with a near perfect shape. Her inspiration came from control top panty hose that Amanda cut, clipped and formed into her first prototype. Then she redesigned a model in the super-soft microfiber that felt like wearing nothing at all, but still offered excellent support even when her full figured DD sized friends tried it on. Now the fashion world is abuzz with Sassybax. It's been raved about by *The View*, *Good Morning America*, *CBS News* and *FOX News*. You may have read the great reviews in some prominent publications. The "before and after" video on *Good Morning America* was startling. The host was quoted as saying with Sassybax, "She's completely line free, all the lumps and bumps are gone, she looks terrific."

These Sassybax stretch bras have no hooks, provide incredible comfortable support and most importantly a smooth

"I think I've found a new wardrobe staple that I could wear day and night. Thanks. And good luck with your line; it's well needed."

Vanessa Williams, actress, singer
and former Miss America



Amanda Kennedy
Inventor and Designer
of Sassybax

A.

B.

bulge-free silhouette. No more pulling and shifting. Wear even the clingiest fabrics with confidence. Sassybax are designed for women who prize natural sexiness and uncompromising comfort over scratchy push up bras that leave lumps and bumps under body skimming tops. Try the Sassybax for 30 days with our in-home trial. If you're not convinced your mirror reflects a more sleeker, sexier you, just return it for a refund of the purchase price. Until now, Sassybax was only available in a handful of high end luxury boutiques.

A. Sassybax™ Torso Trim

2 payments of \$34.95 or \$69.90 + S&H

B. Sassybax™ Bralette

2 payments of 29.95 or \$59.90 + S&H

Available in Black, Nude, and Pink (shown). Sizes S, M, L, XL, 1X, 2X
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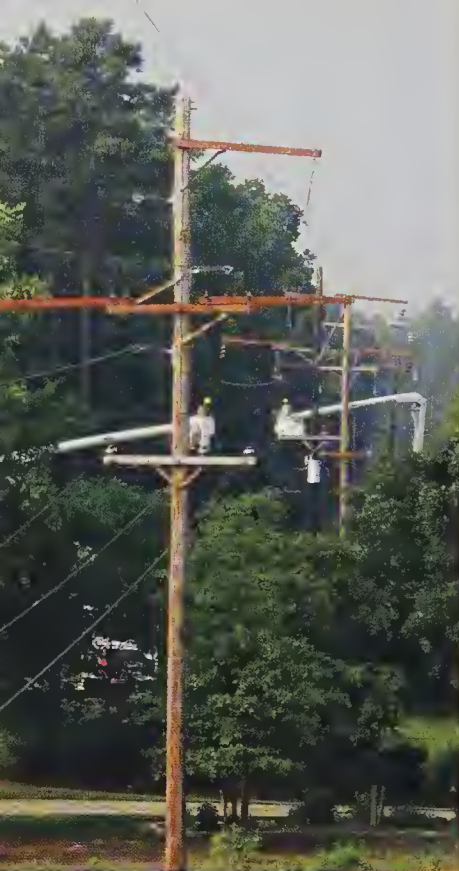
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The Cooperative Family

As a member of an electric cooperative, you are part of a large family that follows business principles and a set of values more than 160 years old. To mark October as national Co-op Month, Carolina Country presents here a summary of cooperative business in the U.S. with a focus on utility cooperatives.

We appreciate the help of the National Cooperative Business Association in compiling this information. NCBA is the lead national membership association representing cooperatives of all types and in all industries. North Carolina's Touchstone Energy cooperatives are hosting the NCBA's national board meeting Sept. 29 in Durham and co-hosting a Sept. 28 reception with the cooperatively-owned Weaver Street Market in Carrboro. For more information, visit www.ncba.coop

Cooperatives operate in every industry including agriculture, childcare, energy, financial services, food retailing and distribution, health care, insurance, housing, purchasing and shared services, and telecommunications. U.S. co-ops serve some 120 million members, or four in 10 Americans. Cooperatives range in size from large enterprises, including U.S. Fortune 500 companies, to small local storefronts.

A cooperative is a business. In many ways, they're like any other business. But in several important ways they are unique and different.

- Cooperatives are owned and democratically controlled by their members—the people who use the co-op's services or buy its goods—not by outside investors. Co-op members elect their board of directors from within the membership.
- Cooperatives return surplus revenues (income over expenses and investment) to members proportionate to their use of the cooperative, not proportionate to their "investment" or ownership share.
- Cooperatives are motivated not by profit, but by service—to meet their members' needs for affordable and high quality goods or services;
- Cooperatives exist to serve their members.
- Cooperatives pay taxes on income kept within the co-op for investment and reserves. Surplus revenues from the co-op are returned to individual members who pay taxes on that income.

Utility Cooperatives

Consumer-owned cooperatives play a key role in providing affordable utility services across both rural and urban America. There

are three primary types of utility co-ops: electric co-ops, telecommunications co-ops, and water cooperatives.

Electric Cooperatives

Electric cooperatives are owned by the consumers who buy power and other services from the co-op. Typically organized as not-for-profit corporations under state law, they provide at-cost electric service.

Like other cooperatives, they are governed by a board of directors elected by and from within their membership. They return any revenue surpluses, after investment in the utility, to their members in the form of reduced rates or member dividends (known as "capital credits"), which are periodically rotated out of the cooperative to its consumer-owners.

There are two primary types of electric cooperatives:

- Consumer-owned distribution cooperatives deliver electricity directly to consumers. There are 865 distribution cooperatives in the U.S. serving 37 million consumer-members in 47 states—or 12 percent of the U.S. population. They account for 8 percent of total U.S. electricity sales, and own about 5 percent of generating capacity. In North Carolina, there are 27 distribution cooperatives serving 2.4 million people in 93 of the state's 100 counties, or about 30 percent of the population.
- Generation and transmission cooperatives, owned by distribution co-ops, produce and transmit electricity to member cooperatives. There are 65 generation and transmission cooperatives in the U.S. North Carolina's cooperatives own the North Carolina Electric

Membership Corporation, the third largest generation and transmission cooperative in the U.S. with an annual revenue of about \$803 million.

Electric co-ops own and maintain some 2.4 million miles of electricity distribution lines—or 43 percent of the nation's lines—and cover 75 percent of U.S. land mass. They operate primarily in rural areas, serving fewer than seven consumers per mile and collect about \$8,500 in revenue per mile of line. By contrast, investor-owned and publicly owned utilities nationally average 34 and 44 customers per mile of line and collect \$59,000 and \$72,000 per mile of line, respectively.

North Carolina's electric cooperatives own and maintain some 92,000 miles of electricity distribution lines in service areas that cover 23,800 square miles, nearly half the state's land area. Co-ops serve about 10 consumers per mile and collect less than \$16,000 in revenue per mile of line.

To learn more about electric cooperatives, visit the National Rural Electric Cooperative Association at www.nreca.coop

Urban Electric Cooperatives

Some electric and energy cooperatives operate in urban areas as well. They amass the purchasing power of their urban consumer-members to negotiate reduced rates from investor-owned or publicly owned electricity providers.

A notable example is The Energy Co-op, a not-for-profit, member-owned cooperative with over 6,500 members throughout southeastern Pennsylvania. It combines the buying power of its residential and small business members to negotiate favorable prices for electricity. The co-op formed in 1979 to provide consumers with savings on home heating oil. The co-op also emphasizes access to renewable energy. For more information, visit www.theenergy.coop

Touchstone Energy®

More than 600 electric cooperatives are members of Touchstone Energy, a national branding alliance of local, consumer-owned electric cooperatives dedicated to providing high standards of service to customers, active in their local communities, and committed to

charitable giving and meeting other community needs. All but one of North Carolina's electric cooperatives are members of the Touchstone Energy network. For more information, visit www.touchstoneenergy.coop

Telecommunications Cooperatives


Throughout rural America, telecommunications cooperatives provide local and long distance telephone, Internet, and satellite television services to their consumer-owners.

Today, rural telephone co-ops serve millions of Americans. For more information on telephone cooperatives, visit the National Telecommunications Cooperative Association at www.ntca.org

The National Rural Telecommunications Cooperative (NRTC) is a co-op, owned by its member utilities, providing advanced telecommunications and information technology to more than 1,000 members in 46 states. It offers rural electric and telephone utilities access to long distance services, broadband access, satellite television and other advanced telecommunications services. [In North Carolina, a subsidiary of the Wake Electric cooperative provides satellite TV and broadband Internet service statewide. Visit www.touchnc.net]

NRTC helped launch the nation's first, high-power direct broadcast satellite (DBS) system. It is the leading distributor of satellite television service and hardware to rural America, reaching more than 1.7 million rural consumers—nearly 20 percent of all DIRECTV subscribers. For more information visit www.nrtc.coop

Water Cooperatives

In some rural communities, particularly in the West, community or member-owned cooperatives provide water and/or wastewater services on an at-cost basis. Though less common than electric or telecommunications cooperatives, water co-ops serve their members on a not-for-profit basis. Although they frequently are known as rural water associations, many of these organizations function as cooperatives. For more information, visit the National Rural Water Association at www.nrwa.org 

What Cooperatives Have in Common

Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

Cooperative Principles

All cooperatives share the Seven Basic Principles:

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions.

3. Members' Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members.

5. Education, Training, and Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives.

6. Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together.

7. Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities.

Ghosts From the

GRAVEYARD OF THE ATLANTIC



Rasmus S. Midgett shown on the wrecked foredeck of the Priscilla, from which he rescued 10 men on August 17, 1899 (author's collection).

The Wreck and Rescue of the Priscilla

The lore of Outer Banks shipwrecks involves the activities of local residents who witnessed them: the islanders who tended lighthouses, salvaged cargo and remains, rescued and cared for victims. The men and their families who served the U.S. Lifesaving Service participated in some of the most harrowing adventures related to Outer Banks shipwrecks. Although established in 1848 to rescue those in trouble off the coast, the U.S. Lifesaving Service had no presence on the North Carolina coast until 1874, when the government built seven stations on the Outer Banks. By 1883, after some awful wrecks and loss of life, the number had increased to 25 stations, each manned by eight men and operating eight months of the year. The U.S. Lifesaving Service was merged into the U.S. Coast Guard in 1915. While the Lifesaving stations gradually were abandoned then decommissioned, the stories of heroism remain and in fact continue to this day through the Coast Guard.

Perhaps the best known rescue story is that of the three-masted U.S. barkentine *Priscilla*. In his book, Kevin Duffus includes the story as related by

the stirring prose of the U.S. Lifesaving Service Annual Report. He marks the point of the disaster and publishes several photographs, including a previously unknown one showing the ship prior to its destruction.

August 17, 1899, brought to the Outer Banks one of the worst hurricanes in its history, the "San Ciriaco." The *Priscilla* was heading from her home port Baltimore to Rio de Janeiro with general cargo, 12 crew, the captain's wife and their 12-year-old son. During the day and night of Aug. 16, the ship tossed in furious "mountainous" waves off the Outer Banks and had lost her sails. The following afternoon, a Weather Bureau observer reported sustained winds of 100 miles per hour at Hatteras at about the time when the *Priscilla* had drifted southwestward from the Gulf Stream north of Cape Hatteras. At about 9:30 p.m., the ship thumped aground off the beach some three miles below the village of Salvo. Heavy seas washed overboard, taking with them Capt. Benjamin E. Springsteen's wife, his mate and son William, and another crew member, Fitzhugh Lee

Goldsborough. The captain could not hold on to his young son Elmer, who was slammed into the cabin walls and found dead there later. The remaining 10 held up through the night somewhere in the broken hull.

About 4 a.m. the next morning, U.S. Lifesaving Service Surfman No. 1 Rasmus S. Midgett patrolled by horseback south of his Gull Shoal station when he noticed ship's cargo coming ashore. Riding two miles farther south he heard voices calling from the surf and saw a distressed vessel about a hundred yards out. An hour and a half from his station, Midgett reckoned there was no time to return for help. He waded and swam into the crashing surf, and one-by-one called seven victims down from the wreck and carried them ashore. Three men were left, too injured to move on their own. Midgett climbed into the wreckage and carried each one safely to shore.

While the U.S. Lifesaving Service rarely bestowed the honor to men who were simply doing their job of saving lives, the service awarded Rasmus Midgett the Gold Life-Saving Medal for his heroism.

Ghosts Walk the Beaches

An Ode to Unknown Shipwreck Victims

Excerpted from "Shipwrecks of the Outer Banks—An Illustrated Guide"
©2006 by Kevin P. Duffus

The restless spectre of death holds a perpetual vigil over the hills and sand flats of North Carolina's barrier islands. In the air, protesting shrieks and cries of the departed are mimicked by seagulls, as the ever-encroaching ocean reclaims its victims from their sandy graves. With every storm, bones wash into the sea, as if collected by a greedy mortician. It's rarely remembered by the living, but the unmarked graves of shipwreck victims are scattered all about Outer Banks beaches.

Ever since Native Americans witnessed a "Christian" ship pounded to pieces by a storm somewhere on the Outer Banks around 1564, the islands have been a sprawling seafarers' cemetery. No one knows how many, although it would not be unreasonable to think that thousands of men, women and children have perished in the unforgiving waters of the Graveyard of the Atlantic. In 1952, Outer Banks historian David Stick accounted for 971 deaths as a result of North Carolina shipwrecks, not including losses during the Civil War and World War II. Between January and July 1942, alone, it is estimated that nearly 1,000 people were killed off North Carolina beaches.

There were those who drowned miles out to sea and washed ashore. Other victims abandoned their vessels, hoping for deliverance on a nearby beach, and were thrashed and pummeled lifeless by monstrous surf. However they arrived, countless nameless corpses have been hastily and unceremoniously buried by their unsuccessful rescuers, local residents, or in many other cases, by the hand of Mother Nature herself and her drifting dunes. No one knows how many, or even where.

During the primitive, hardscrabble years of the 17th and 18th centuries, unknown victims were typically wrapped in tattered sail cloth and placed in shallow graves after their pockets were picked and they were summarily relieved of their footwear. Once lifesaving stations and a code of honor were established, more traditional funeral rites were afforded the unknown mariner. Surfmen and their families often conducted Christian services—psalms from the Bible, a few words, possibly even a hymn or two. But despite efforts to respect the dead, their final resting places were almost always along lonely stretches of beach and rarely in established island cemeteries.

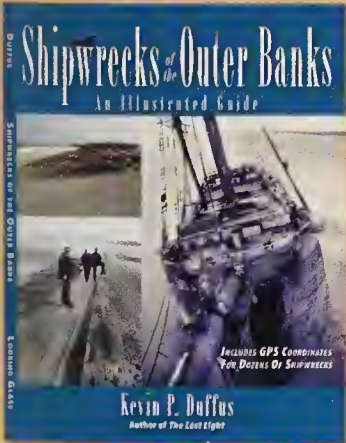


Typical of Outer Banks burial scenes of the latter 19th and early 20th centuries, lifesavers bury a shipwreck victim. (National Archives photo)

A year rarely passes that someone doesn't encounter a skull or femur or some other skeletal fragment that has been dislodged from the shifting sands. As required by law, many of these finds are reported or turned in to rangers of Cape Hatteras National Seashore or deputies of Currituck, Dare or Hyde County sheriff's departments. They are a forensic team's nightmare, since it is not always apparent whether the remains are relatively new or old. Because of the concern that any remains could be of ancient Native American origin, most are sent to National Park Service laboratories for analysis and protection. Strangely, no such care or honor is provided the innumerable non-native remains of Outer Banks shipwrecks. We can only wonder who they were and when they perished.

If there are such things as ghosts, then they must have surely walked the islands of the Outer Banks in years past. On the blackest and foulest of the nights, spirits may have gathered on the beaches, ready to welcome the latest victims of the tempestuous sea and to share their melancholy, eternal fates—their purgatory upon the shore. Where are they now, since shipwrecks are a thing of the past? They are still around, most likely, sharing in fishing, surfing, walks, bonfires and stargazing.

Despite the many unsubstantiated coastal legends, there are indeed, vast numbers of shipwreck victims buried in the dunes from Currituck Beach to Cape Lookout and beyond. It is a fact that should always be remembered, and maybe, someday, there will be a memorial built for just for them. 📖



The Book

In his newly published "Shipwrecks of the Outer Banks—An Illustrated Guide," Kevin Duffus has compiled a visual record of shipwrecks and their legacy—lifesaving, salvage, rumors of wreckers, and the hundreds of forgotten shipwreck victims buried among the Outer Banks dunes. He also explains causes of shipwrecks and describes what it was like for passengers and crews whose ships crashed into breakers or foundered ashore, as well as true stories of rescues.

A natural sequel and companion to David Stick's hallowed "Graveyard of the Atlantic," the guide includes historical photographs and drawings. For those interested in seeing shipwreck sites, there are contemporary pictures and maps, along with GPS coordinates of the sites and remains.

Duffus is a writer, filmmaker and historian who lives in Raleigh and Haywood County.

The softcover book is 176 pages. Personalized, author-signed copies are available for \$24.95 plus \$1.75 sales tax and \$5 shipping (total \$31.70).

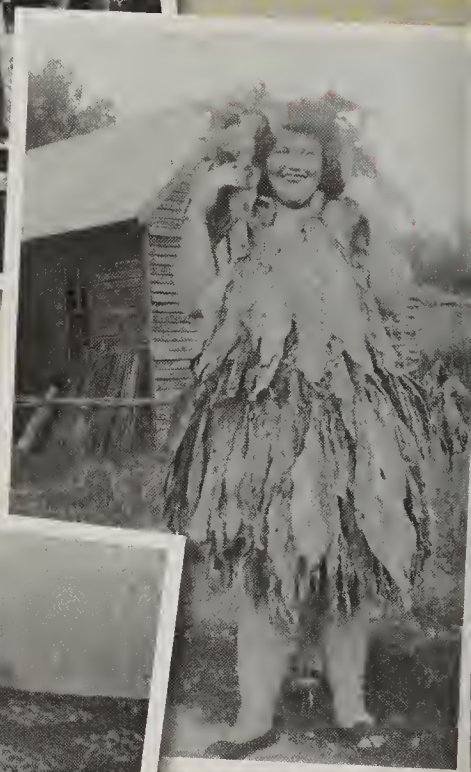
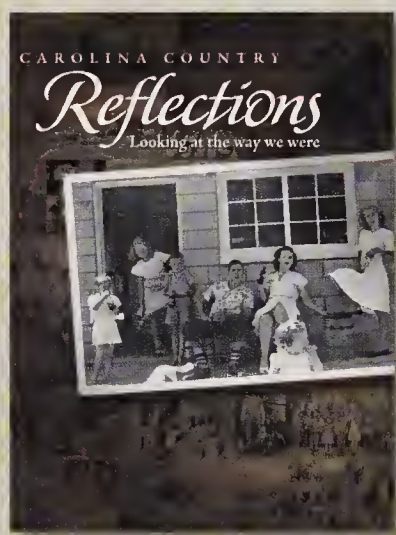
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MY FAVORITE

Halloween Costume



Junior Kings (above)

Never one to purchase Halloween costumes, I decided one year to make Elvis costumes for the boys. We enlisted my mom to help.

Complete with fringe, sequins and big glasses, the kids were set for the Fall Festival. The last-minute addition of black hair color and aluminum foil microphones must have helped as my youngest, Gilliam, won in his age group. Not to be outdone, his older brother Preston sang a few chords of "All Shook Up" when he was introduced.

Donna Hill | Elon | Piedmont EMC

1 : Jellybeans

My mother, Evalina Pait, always loved to see the children on Halloween. She would have a big bowl of candy and would make a fuss over their costumes.

Mama's health started declining and eventually she went to live in a very nice nursing home in Lumberton.

This picture of Mama was taken on Halloween 2003. This was the only time in her 73 years that I saw her dressed for Halloween. The staff and volunteers at the nursing home dressed her as a bag of jellybeans. I would have to say this is my favorite Halloween costume. We said our final goodbyes to Mama in June 2005. I will always think of her on Halloween when I see children in costumes.

Teresa Pait | Bladenboro | Four County EMC

2 : The Wizard

My momma made this wizard costume for me when I was 6 years old in 2002. It was the first time she sewed a costume.

Hunter Downing | Raeford | Lumbee River EMC

3 : The Black Cat Comes Back

Growing up I never had a "store-bought" Halloween costume. In 1958, Mamma made me (left in photo) a real costume: a black cat suit with a white belly, ears and a long tail (stuffed with sawdust). I won first place at the school carnival. As was Mamma's custom, the suit was saved in her cedar chest.

In 1964, my sister Karen wore the same costume at the school carnival —again winning first place. Again, Mamma packed it away. Over the years we would find it and enjoy the memories.

The costume became special to me when in 1982 my son, Anthony (center in photo), wore it. It looked good, except the tail had lost some of its wiggle. Again, my mother packed it in the attic. I thought, "Great. Another thing I will have to clean out one day." Now I realize that she was passing her memory opportunities on to me.

Halloween 2005, my mother brought the costume out again for my precious grandson, Bryton (right in photo), to wear. The stomach was dingy, the ears flopped and the tail, though still stiff, just hung down. That costume is more special now than it was 47 years ago when it was new.

Brenda Yarborough | Henderson | NC EMC

4 : My Angel

The year was 1987. It was my daughter Elizabeth's first Halloween. I made her this outfit and entered her in a contest at a mall as "The Littlest Angel." She won the hearts of the judges and received a prize. I don't know if it was the outfit or her smile that did it. She's now going on 20, and still I think of her as my little angel.

Lynn Coble | Liberty | Randolph EMC

5 : Storm Trooper TKBIG

I wanted to build a costume that would stretch my skills to the limit so I started surfing the Net for ideas. I came across numerous sites about Star Wars costumes, especially the Storm Trooper suits. To my utter frustration, I discovered that none of the current suits would fit my frame. I couldn't believe it.

Then the idea struck me. Why not build my own? I have some artistic background, but I had never attempted a project such as this. I looked for information on sculpting and vacuum forming. To my delight I found a fantastic site for beginners. For the next 13 months, I researched and hand-clay sculpted every part of the costume. I spent five months alone on the helmet. After sculpting, I made molds using plaster. Then it was time to vacuum-pull the parts. I heated the plastic in my kitchen oven, then placed it over the mold, and turned the vacuum on. After doing this same process to all the molds, I trimmed and assembled all the parts. Finally, my dream came true—I am now called TKBIG.

Stacey Roseberry / Linwood / EnergyUnited

6 : The Hatchling

My daughter's very first Halloween costume is and will probably always be one of my favorite homemade Halloween costumes ever. I was inspired to make this little chick hatchling from an egg costume after seeing an article in Parenting magazine on baby costumes. Briana was only 3 months old on her first Halloween.

The original idea was to attach the costume to a baby carrier. I decided to revise their idea just a little since I did not own a baby carrier. The costume was very easy to make. Since she was a newborn, I thought this costume was quite appropriate for her first Halloween. She was the hit of the party that we attended that night. One of my friends borrowed the costume for her new baby the following Halloween. Everyone still talks about the costume and how cute she looked. I am a big fan of homemade Halloween costumes. This year I plan on making a little lamb costume that was shown in the Family Fun magazine.

Tracey Aaron / Lexington / EnergyUnited

7 : The Bahama Mom Moms

Every year my mom and her friend enter the Halloween costume parade at their local American Legion. This year a bunch of men got together and decided to all be Bahama Mom Moms. They all borrowed their wives' lipstick, and someone made their costumes. They put on quite a show before the judging parade. When first prize was announced the Bahama Mom Moms won, and the place went wild. It was a Halloween party none of them will forget.

To have a sense of humor when you are a senior citizen is even more of a blessing than when you are younger. Life is so short and you should always be blessed for every day that you have on earth.

Nancy J. Dotoli / Mooresville

8 : Scary Grandma

When I grew up we didn't have costumes for Halloween. We used our imaginations and anything we could find to dress up in.

I knew I was getting old when my grandson called on Halloween to say he was bringing my little great-granddaughter by so I could see her dressed up in her little doggie outfit. I decided I would surprise her, too.

I grabbed a big scarf and tied it around my shoulders and put a plastic grocery bag on my head. I thought she would think I was dressed up also.

I opened the door and she took one look at me and began to cry. She cried so hard they had to raise her cap so she wouldn't get it too wet.


It took a lot of loving and candy to get her quiet. Finally she let them put the cap down and let me see her in her "Clifford" outfit. She still didn't care for mine. Of course, we were all laughing, which didn't help any.

I learned one thing for sure. We old grandmas don't need any help on Halloween.

Chasity is the daughter of Ron and Amy Davis of Rockingham.

Lucille Haywood / Rockingham / Pee Dee EMC





Thanks to everyone who sent in stories and pictures about your favorite Halloween costume. You can see more on our Web site. Next month we'll publish your favorite photos. (Deadline was September 15.) For more themes and the rules of this series, see page 20.



9

9 : Our Little Fairy

This is my daughter Kaitlyn Christina Watson. She was 1 here. She loves fairies so I figured I would buy her a fairy costume. The costumes online were running around \$75, so I got my sewing materials together and made it for only \$22. What a bargain.

She looked adorable on Halloween night. She is our little fairy in our hearts. I gave this picture to her birth mother. We adopted her Nov. 22. Her birth mother loved the picture, and we still keep in touch. She is a little blessing.

Angela Watson / Lexington / EnergyUnited



10

10 : Mountain Man

I was 7 years old when I dressed like a mountain man for Halloween. The beard was a little itchy, but I still liked my costume. I went to Lansing Elementary School at the time and our mascot was the Mountaineer. When I went to Northwest High School our mascot was also the Mountaineer. I am 28 years old now, and I am still a mountain man because I still live in the mountains of Ashe County. ☺

Adam Miller / Lansing / Blue Ridge Electric

Send us your best Earn \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

December 2006

Regifting Mistakes

I should not have given that away.

Deadline: October 15

January 2007

Diets and Me

What worked, or what didn't work?

Deadline: November 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
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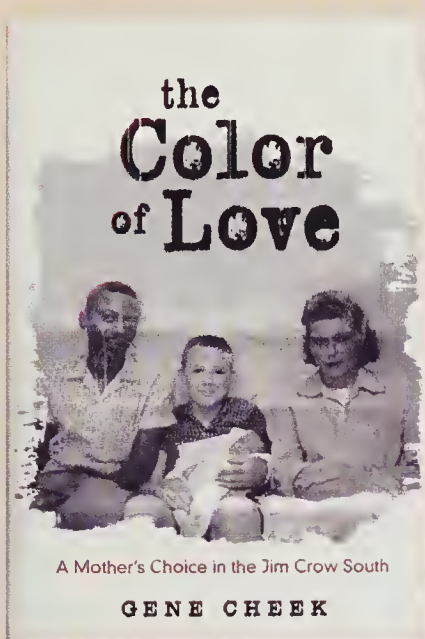
on the bookshelf

"The Color of Love"

A year before the Civil Rights Act of 1964, a judge in the Forsyth County Courthouse wrenched 12-year-old Gene Cheek from his white mother and set the tone of segregated division that would plague Cheek's life. From a distance of more than 40 years, the adult Cheek tells his story of love between a white woman and a black man that split a family forever in "The Color of Love: A Mother's Choice in the Jim Crow South." Cheek recounts a time of hatred, ignorance and racism and a life of constant struggle with his biological father, yet mixes his story with the power of love and forgiveness. Published by The Lyons Press in Guilford, Conn., a division of Globe Pequot. Softcover, 272 pages, \$14.95.

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www.LyonsPress.com



"Field Guide to Birds: The Carolinas"

This pocket-sized guide offers tips for both beginners and practiced birders. It includes an introduction from expert birder Lex Glover, 184 color photographs and art of must-see birds, identification tips about size, shape and markings, behavior and habitat information, local sites in North Carolina and South Carolina where you'll likely find must-see birds and maps with year-round migration and breeding ranges. "Field Guide to Birds: The Carolinas" is published by National Geographic Society in Hanover, Pa. Softcover, 272 pages, \$14.95.

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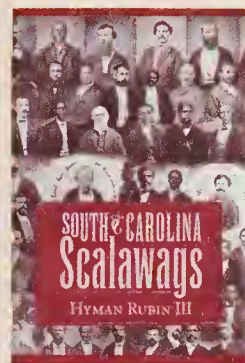


"South Carolina Scalawags"

The familiar story of Reconstruction is told from a mostly unfamiliar vantage point here, that of white southerners who broke ranks and supported newly recognized rights and freedoms of their black neighbors. "South Carolina Scalawags" author Hyman Rubin III delves into the lives of representative white Republicans, exploring their backgrounds, political attitudes and actions and post-Reconstruction fates. Published by University of South Carolina Press in Columbia. Hardcover, 193 pages, \$29.95.

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"Hemlocks & Magnolias"

Real-life biographical stories about specific men and women in Becky Alghrary's new book show the determination, hard work, faith and love that characterizes mountain families as they build communities from the granite rock of the Appalachian Mountains. "Hemlocks & Magnolias" explores the lives of residents who lived, or are living, in Avery and Watauga counties. Their rich anecdotes recall old-time mountain life and traditions. The lives explored here open a window to the past, and can serve as a beacon for those in the future. Published by Puddingstone Press in Banner Elk. Softcover, 122 pages, \$16.95.

(828) 898-6754

msbecky@skybest.com

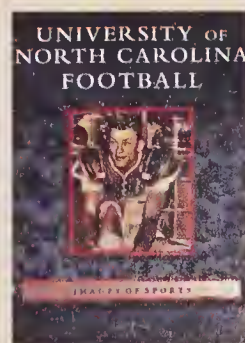


"University of North Carolina Football"

Author, alumnus and lifelong UNC fan Adam Powell spotlights his alma mater's football history in "University of North Carolina Football," a recent addition to the Images of Sports Series. With more than 200 vintage images, the book follows the team from its beginnings in 1888 to the packed stadiums today. Highlights include photographs of every All-American player in the history of the UNC program, and most of the school's All-ACC performers, detailed captions with statistics, season records, and historical information and a chapter dedicated to the famed "Justice Era" of 1946-1949. Published by Arcadia in Mt. Pleasant, S.C. Softcover, 128 pages, \$19.99.

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APPLIANCES

Be smart about operating costs

By Kim Whorton Tripp, Contributing writer

Every appliance has two price tags—a purchase price and the operating cost. Smart shoppers will check out the operating costs over the life of the appliance. Here are some ways to make a smart purchase and minimize energy consumption while using your new appliance.

Energy Star

When you shop for a new appliance, learn about its energy efficiency through the yellow and black EnergyGuide label on the appliance. Look for the Energy Star label. Energy Star appliances have been identified by the U.S. Environmental Protection Agency and the Dept. of Energy as being the most energy-efficient products in their classes.

Visit www.energystar.gov to learn more.

Estimate appliance energy consumption

If you're trying to decide whether to invest in a more energy-efficient appliance or you'd like to determine your current electricity loads, you may want to estimate appliance energy consumption.

You can use this formula to estimate an appliance's energy use

$$\frac{\text{Wattage} \times \text{Hours Used Per Day}}{1,000} = \text{Daily Kilowatt-hours (kWh) consumption}$$

Note: 1 kilowatt = 1,000 watts

Multiply this by the number of days you use the appliance during the year for the annual consumption. You can then calculate the annual cost to run an appliance by multiplying the kWh per year by your local utility's rate per kWh consumed.

Look for the wattage of most appliances stamped on the bottom or back of the appliance or on its nameplate. The wattage listed is the maximum power drawn by the appliance.

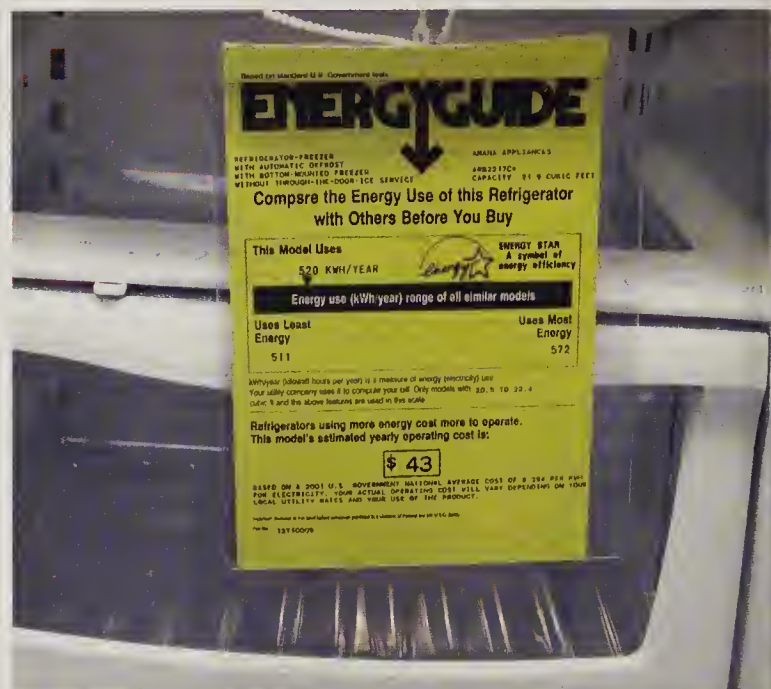
Typical wattages of common household appliances:

Hairdryer = 1200–1875	Televisions
Clothes washer = 350–500	19" = 65–110
Clothes dryer = 1800–5000	36" = 133
Dishwasher = 1200–2400	53"–61" projection = 170
(using the drying feature greatly increases energy consumption)	Fans
Refrigerator = 725	Ceiling = 65–175
Vacuum cleaner = 1000–1440	Window = 55–250
	Water heater (40 gal.) = 4500–5500

Phantom Loads


Many devices in your home consume electricity even when they appear to be off. These phantom energy wasters include instant-on TVs, VCR displays, telephones, and computer peripherals. Phantom, or standby, loads cost U.S. consumers more than a billion dollars per year.

Help eliminate phantom loads by plugging those appliances into a plug strip equipped with its own power switch. Switch the power strip on and off when using the appliance.



When purchasing a new appliance, look for those with an Energy Star logo. These appliances use less energy, save money and help protect the environment.

Other ways to increase energy efficiency in your home

1. Put your refrigerator in a location that is not in direct sunlight or near a heat source, like the oven or dishwasher.
2. Clean the condenser coils on the back of the refrigerator at least once a year and check to make sure the door seals.
3. Defrost as needed. Buildup of ice on the coils makes the compressor run longer, wasting energy.
4. The costliest refrigerator is the one you don't really need but run anyway—the one in the garage or basement. Retire it from service.
5. Use your microwave oven. Most energy produced in a microwave goes directly to heating the food, which takes less energy than heating an entire oven.
6. Run your dishwasher only when it's full.
7. Let your dishes air dry.
8. Select a dishwasher with its own heating element so you can lower water temperature and save energy.
9. Scrape, don't rinse off large food pieces and bones. Soaking or prewashing is only recommended in case of burned-on or dried-on food.
10. Wash your clothes in cold water whenever possible. 

Sources

U.S. Dept. of Energy, Energy Efficiency and Renewable Energy www.eere.energy.gov

Association of Home Appliance Manufacturers www.aham.org

Rocky Mountain Institute www.rmi.org

John Krigger, Saturn Resource Management. www.srmi.biz. Author of numerous energy efficiency books including "Surviving the Seasons and Residential Energy: Cost Savings and Comfort for Existing Buildings."

WATER HEATERS

Ways to
cut your bills

By Kim Whorton Tripp, Contributing writer

Water heating is one of your home's top energy expenses, accounting for about 14 percent of your utility bill.

There are four main ways to cut your water heating bills:

1. Use less hot water.
2. Turn down the thermostat on your water heater.
3. Insulate your water heater.
4. Buy a more efficient water heater.

Use less hot water

A family of four, each showering for five minutes a day, uses 700 gallons of water a week. This is enough for a three-year supply of drinking water for one person. Follow these tips to reduce your hot water use:

1. New low-flow, non-aerating showerheads and faucets flow rates can't exceed more than 2.5 gallons per minute (gpm) at a water pressure of 80 pounds per square inch. Purchase quality low-flow fixtures for around \$10–\$20 a piece and achieve a water savings of 25 to 60 percent.
2. Repair leaky faucets promptly; leaky faucets waste gallons of water in a short period.
3. Purchase energy efficient dishwashers and clothes washers. Check the Energy Guide labels to determine how much energy these appliances use. Always purchase appliances with the Energy Star label.
4. Turn off your water heater when you're on vacation.
5. Install timer controls. Shut off water heaters during the night when no hot water is used, and during your cooperative's peak demand time. This modest investment can pay for itself in lower bills in about 14 months.

Turn down the thermostat on your water heater

Many heaters are set to 140 degrees F or higher. For most households, 115–120 degrees F is sufficient. For each 10 degree reduction you can save up to five percent on your water heating costs.

After living with the new setting for a while, readjust it, if necessary, to a temperature that suits your needs. In addition to saving energy you'll increase the life of the water heater and reduce the risk of scalding.

Drain a quart of water from your water tank every three months to remove sediment that impedes heat transfer and lowers the efficiency of your heater.

Insulate your water heater

1. Insulate the tank and pipes, but be careful not to cover the thermostat.
2. Choose an insulation jacket with an insulating value of at least R-8, or use two R-5 jackets if that's all you can find. Jackets cost \$10–\$20 and can pay for themselves via lower energy bills in less than one year.



Next to heating or cooling, water heating is typically the largest energy user in the home, so it's smart to do some research before purchasing a new water heater.

3. On gas water heaters, keep the jacket away from the drain at the bottom and away from the flue at the top, and make sure the airflow to the burner is not obstructed.
4. Insulate hot water pipes, wherever they are accessible. This reduces heat losses at the tank and along pipes leading to faucets. You also won't have to wait as long for the water to get hot when you turn on the faucet.

Buy a more efficient water heater

It may cost more initially, but the energy savings will continue during the lifetime of the appliance. It's best to start shopping if yours is more than seven years old. One reason to upgrade is that new water heaters are insulated with up to one to three inches of high-efficiency foam.

Energy Star

Visit www.energystar.gov for information regarding energy efficient dish or clothes washers for your home. ⚡

Sources

U.S. Dept. of Energy, "A Consumer's Guide to Energy Efficiency and Renewable Energy." www.eere.energy.gov

Rocky Mountain Institute's "Home Energy Briefs, #5-Water Heating."

John Krigger, Saturn Resource Management. www.srmi.biz. Author of numerous energy efficiency books including "Surviving the Seasons and Residential Energy: Cost Savings and Comfort for Existing Buildings."

Buried Alive!

by Charles Joyner



"Why did you let them bury me alive?"


Young Alexander Hostler sat up in bed with a start. The voice was that of his best friend, Sam Jocelyn, whose burial he had attended just days earlier in the graveyard of St. James Episcopal Church in Wilmington, N.C.

Samuel R. Jocelyn Jr., son of a distinguished Wilmington lawyer, had been thrown from his horse while riding alone. Two men passing by in a cart had found him unconscious on a sandy road. They carried him to his home, where he was pronounced dead. His funeral was held two days later, in March 1810.

"How could you let me be buried when I was not dead?" This was the third night in succession his apparition had appeared to Alex Hostler, always asking the same question. "Open my coffin and you will know I am telling you the truth!"

Just a short time previously the two friends had discussed their belief in life after death and had agreed that the first of them to die would attempt to communicate with the other, never dreaming that death to one of them would come so soon. Only after being confronted by Samuel's ghost for a third time did Alex decide that he must take some action.

He told his story to a friend, Lewis Toomer, and the two went together to relate the bizarre experiences to Jocelyn's parents. Subsequently, with the parents' tearful permission, Hostler and Toomer went at night and exhumed the wooden coffin.

By the pale light of a hooded lantern they removed the coffin lid. There, face down, was their friend's body. One side of the coffin was loosened, apparently by frantic kicks. 

This, in essence, is the horrifying tale passed down through the years. Col. James G. Burr related these details in a lecture he delivered on Feb. 3, 1890, in the Wilmington Opera House. Burr had heard the story from his mother, a near relative of Alexander Hostler. And Lewis Toomer had told of the disinterment in the presence of a Mrs. C. G. Kennedy, who put her statement in writing for Col. Burr.

These events are included in "A History of New Hanover County and the Lower Cape Fear Region," compiled by Alfred Moore Waddell in 1909, and late transcribed by Barbara Shore.

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PBS special features N.C. Indians

North Carolina's Cherokee community is featured in an upcoming, two-part PBS special to be aired on UNC-TV. "Indian Country Diaries" explores such questions as how new-found casino wealth has changed the fortunes of Native Americans; how tribes are coping with Indian wannabes eager for a piece of the commercial pie; and how Native American parents struggle to teach their children their tribal history when they were not taught it themselves. Part two of the series, called "Spiral of Fire," takes Choctaw author LeAnne Howe to the North Carolina homeland of the Eastern Band of Cherokee Indians to discover how their fusion of tourism, cultural preservation and spirituality is working to insure their tribe's vitality in the 21st century. To find out when the special will air on North Carolina's public television, visit UNC-TV's Web site to submit an e-mail or call their customer care number.

(888) 292-7070

www.uncvtv.org

www.indiancountrydiaries.org (PBS program site)

Museum of the Albemarle shop

With a nautical setting, The Museum Shop at the Museum of the Albemarle offers a slice of coastal life. It sells handmade pottery, specialty foods, and jewelry made by North Carolinians. The talents of coastal artisans come together here, with pottery by Nancy Fletcher of Hertford and Dan Waters of Point Harbor, stained-glass items by Elizabeth City's Carlton Dozier and baskets woven by Patsy Ryan of Elizabeth City and Teddy Forsyth of Roper. Kids' items include a treasure map (in puzzle form) in a bottle, pirate figures, puzzles with coastal scenes and colonial period playthings, such as tin whistles and tricornered hats. The shop is part of the museum's waterfront building in downtown Elizabeth City. The Museum Shop is generally open from 10 a.m. to 5 p.m. Tuesday through Saturday and from 2 to 5 p.m. on Sunday. Store profits help fund programs and educational projects at the Museum of the Albemarle and other state history museums.



(252) 331-4026

www.museumoftheAlbemarle.com (general museum information)

www.ncmuseumofhistoryshop.com (online shopping)

"Reel Life"

"Pipapelli," which plays traditional and new blues with a Celtic twist, has a new CD out. "Reel Life" offers 13 songs, including "Rock n Reel," "Walkin' Blues," "I Like It Like That," and "You Shook Me." The high-energy group performs at festivals, Irish pubs, Highland games, and street parties, with its tunes driven by the Great Highlands Bagpipes. Each band member plays a variety of instruments, including electric guitar, Native American flutes, bodhrans, heavy bottom bass, congas, slide guitar and mandolin. The Haywood EMC members are based in Lake Toxaway, about an hour west of Asheville. "Reel Life" sells for \$12.95.

(828) 883-5662

Rgrady7584@aol.com



West Marine Express Stores

West Marine Express Stores, which sell outdoor sporting, fishing and boating goods, carry unique products such as underwater digital cameras, inflatable kayaks and life vests for dogs. Stores can be found across North Carolina, including Atlantic Beach, Carolina Beach, Charlotte, Cornelius, Morehead City, New Bern, Washington and Wilmington. A knot-tying game the stores sell provides playing cards that teach you how to tie 50 different knots and comes with 50 illustrated cards, two strands of rope and two plastic rods for tying. It sells for \$8.45.



(800) 685-4838

www.westmarine.com

Call to western N.C. artists

Transylvania Community Arts Council invites western North Carolina artists and crafters to clean out their studios and submit art to sell in its fourth annual ArtMart. Participating artists may bring artwork they are willing to sell at significantly discounted (40 percent or more) prices. This might include pieces that may not have sold yet or did not turn out exactly as expected. Applications to participate in ArtMart are due Friday, Oct. 20. ArtMart will take place on Saturday, Nov. 4, from 9 a.m. to 4 p.m. at the Transylvania Community Arts Center in Brevard. The sale is open to the public.



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whoppin'.

From Kim Lynch, Roxboro



From Terra Davis, Connelly Springs

- ... Your favorite part of summer is workin' in the garden with your Grandpaw, then sittin' on the porch in the evening eatin' watermelon.
- ... You tear up when the state paves the dirt road you live on.
- ... You and your friends were a little too country to get on your high school's 2005–2006 homecoming court, so you made your own Red Neck Homecoming Court.
- ... You look for a boyfriend who has Jesus, boots and a good Ford truck.
- ... Your mama has to holler out the kitchen window to "take them nasty boots off!"
- ... Your and your friends have trucks, Red-Man pocketbooks and shot-guns.
- ... Your weekends consist of horse sales, tractor pulls, rodeo, then church.

From David Fulp, Pine Hall

- ... You pretended a tobacco sled was a ship, the tobacco sticks were harpoons and the tobacco barn was a whale.
- ... As a teenager, your favorite magazine was Progressive Farmer.
- ... Fishing was the major activity of any vacation.
- ... A Pulliam's BBQ or hot dog was a real treat.

From Tina Fann, Newton Grove

- ... Your calculator is an adding machine.
- ... You've been out gallivantin'.
- ... You and your friends go gommin'.
- ... Your Paw Paw took you to Martin Brothers in Mocksville to buy hog washers every summer.

From Kim Lynch, Roxboro

- ... As a girl, all the kids you played with were boys.
- ... You fished with a tobacco stick as a pole and your grandma's biscuit as bait.
- ... When you had rotten tomato fights, whoever was dirtiest and smelled bad won.
- ... Your grandma and grandpa had a picture in their room, and everyone swore up and down that the eyes would follow you wherever you went in that room.
- ... You know the difference between a whippin' and a whoppin'.
- ... For breakfast your grandpa gave you some candy for school.
- ... You and your middle sister put frogs in your older sister's room.
- ... At dark you played "There ain't no bogey bears out tonight."
- ... Your neighbor's name was Dewey, and after he passed away you never heard that name again until you married a man named Dewey.

From Billy Clay Thomas, Fayetteville

- ... You know how far "slap way down yonder" is.
- ... When you went to bed, you turned off the light by pulling a string whose one end was attached to the bed post and the other end to a small chain on the light bulb receptacle.
- ... You know what it means when you hear someone say, "It is so hot you must have cooked it with split wood."
- ... Your radio antenna was a wire which ran from the back of your radio, out the window, and to the clothes line.
- ... You listened to radio stations WCKY out of Cincinnati, Ohio, and WKBW out of Buffalo, N.Y.
- ... You know what it feels like to get up out of bed in the dark and step on one of your sister's jack rocks, and you can remember what your dad said when he stepped on one.


From Lynn Smothers, Shelby

- ... You can't wear your clothes because they've drawn up.
- ... You eat until you're as full as a tick.
- ... You know what it means to be plumb crazy.
- ... You have heard someone say, "My brother is making me a preacher."
- ... You have heard someone say, "He paid me no never mind."

From Darlene & Guy Brittain, Connelly Springs

- ... When you went to bed at dark, Grandmaw said you went to bed with the chickens.
- ... Your cousin rode a whizzer motor bike to school.
- ... Your uncle made five gallons of home brew in your Grandmaw's sauerkraut crock.
- ... Grandmaw and Grandpaw had a spring house.
- ... Your dad dug fresh horseradish and ground it up in the sausage grinder and mixed it with vinegar to eat with a fresh pot of pinto beans and yeast bread.
- ... You still live on a dirt road.
- ... Every day in November you watched for the mailman to bring the Sears, Roebuck and Western Auto Christmas wish catalog.
- ... You knew that when someone was raisin' cane they weren't growing bamboo.

From Dorcas Morris, Stella

- ... Your water heater was the reservoir of your wood-burning cook stove.
- ... You made your spending money mowing your neighbor's lawn with a swinging blade.
- ... Your school bus had one long seat on both sides for the big students and one long seat in the middle for the little ones and lots of bad boys riding. 

Vinegar Can Be Used For WHAT?

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what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being.

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Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

Vinegar is nature's own drug-free anti-inflammatory.

Scientific tests show organic vinegar is a natural storehouse of vitamins and minerals, including beta carotene -- over 93 different components -- to fight what ails you.

More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

When fresh apples are allowed to ferment organically, the result is a vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes.

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

"The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort.

You'll also delight in making and bottling your own special vine-

gars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.

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Getting To Know...

Roberta Flack

Born: Roberta Cleopatra Flack on Feb. 10, 1937, in Black Mountain.

Known for: Her smooth and sensitive jazz ballads.

Accomplishments: The daughter of a church organist, Ms. Flack was born into a musical family. By the age of 9, Flack was playing the piano. At 15, she studied music at Howard University on scholarship and later graduated from there with a B.A. in music. After a period of student teaching, she was discovered singing in a Washington club by famed pianist Less McCann. Her first two albums originally produced no hit singles. However, a song from her first LP, "First Time Ever I Saw your Face," zoomed to No. 1 in 1972 after it was included in a film soundtrack. The song became that year's biggest hit, and other hits soon followed. Later that decade she took a break to do charitable work, then spent the 1980s touring, often with orchestras. She returned to the Top Ten once more in 1991 with "Set the Night to Music." A retrospective of her work, "The Very Best of Robert Flack," was re-released this year by Atlantic Records.



The Lumbee Tribe Boys and Girls Club check out a loggerhead turtle shell on a recent visit.

"America's Best Classroom" visits OUTER BANKS

The Wright Brothers National Memorial at the Outer Banks was recently chosen one of 14 National Park Service sites to participate in the America's Best Classroom program. The Lumbee Tribe Boys and Girls Club of Pembroke visited the site in August. Fifty children and 24 adults climbed up Big Kill Devil Hill and listened to a ranger's program on the Wrights' first flight. The group also visited Cape Hatteras National Seashore. For many of the children, it was their first visit to a beach. Because a component of the America's Best

Classroom program is that the children must participate in a "service-to-land" project, the group cleaned beach litter north of Cape Point before heading home. America's Best Classroom is a partnership between Unilever, The National Park Foundation and The Boys and Girls Clubs of America.

October Farm Activities

Hay rides, corn mazes and picking out pumpkins—visiting North Carolina agritourism farms can be especially fun in October.

Numerous farms in the state provide family entertainment and learning activities for visitors. They include Maple Springs Farm LLC, one mile east of Dallas in Gaston County, which offers an old-fashioned corn and hay play area, a nature trail based on N.C. wildlife, and a food and farms learning center called "Pumpkin Land." Owners Harold and Patsy Lineberger are members of Rutherford EMC. Their farm gives tours for school and pre-school groups by appointment. Hours vary with the season. In October, the Linebergers are planning continual hayrides on weekends. Large groups can reserve a shelter and enjoy a bonfire. For more, visit <http://maplespringsfarm.home.mindspring.com> To schedule farm and group tours, call (704) 748-1488 or (704) 922-8688.



SURF IT!

For more about Agritourism farms:
<http://www.ncagr.com/NCproducts/CatSubDirectory.asp?CatNum=1011>

To find N.C. farms in the category of hayrides, mazes and pumpkin patches: <http://www.ncagr.com/ncproducts/directory.asp?CatNum=1011&SubCatNum=6>

To learn about the Wright Brothers National Memorial:
<http://www.nps.gov/wrbr/>

TO LEARN MORE

The National Park Foundation
Elizabeth Levitan at (202) 238-4187
www.nationalparks.org

National Boys and Girls Club
Perry Cooper at (404) 487-5724
www.unilevernationalparks.com/npat.htm

classroom
chuckle

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Say Watt?

G _____

_____ N.

T S E E S
H S N E B
O A G O T
V H E D E
E B E B L
O T V E I

To spell out this eight-word message, start with the G and end with the N, moving from letter to adjacent letter, left, right, up, down or diagonally. Use each letter once.

For answers, please see page 34.

second thought on a first line _____

*"There are wolves in
the next room waiting..."*

—Allen Tate

My teenage daughter has started dating.

*"When lovely woman
stoops to folly..."*

—Oliver Goldsmith

I want to be around, by golly!

"A sweet disorder in the dress..."

—Robert Herrick

May indicate its been hard pressed.

MATCHBOXES

G O O O O O O O H !

Ghost town? Match the boxes below with the boxes above to create a division problem. Solve the problem and write your answer in the box tops. Then match boxes again to find the name of a North Carolina city.

0	1	2	4	5	7	8	9
H	R	L	A	I	G	E	O

Scrambled Sudoku

	1	2	3	4	5	6	7	8	9	
A	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	D	SCRAMBLED	SCRAMBLED	M	C	A
B	B	SCRAMBLED	SCRAMBLED	M	SCRAMBLED	SCRAMBLED	E	SCRAMBLED	SCRAMBLED	B
C	SCRAMBLED	SCRAMBLED	SCRAMBLED	R	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	L	C
D	S	C	R	A	M	B	L	E	D	D
E	SCRAMBLED	M	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	R	SCRAMBLED	E
F	A	E	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	B	M	F
G	D	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	S	SCRAMBLED	SCRAMBLED	SCRAMBLED	G
H	SCRAMBLED	SCRAMBLED	E	SCRAMBLED	SCRAMBLED	R	SCRAMBLED	SCRAMBLED	S	H
I	R	B	SCRAMBLED	SCRAMBLED	C	SCRAMBLED	SCRAMBLED	SCRAMBLED	SCRAMBLED	I
	1	2	3	4	5	6	7	8	9	

Arrange the 9 letters in SCRAMBLED so that each letter appears only once in each column, each row and each 3 x 3 square. To solve, eliminate the impossibilities in each of the 81 cells.

YOU MAY WIN \$50!

When you've solved the Scrambled Sudoku, send us the sequence of letters you've placed in the shaded row (Row A). Correct solutions submitted by Oct. 9 will be entered in the contest. Winner will be chosen at random by computer, and published with the solution next month. Only one entry per household. Include your name and mailing address. Send to:

By mail: Joyner's Corner By e-mail: joyner@carolinacountry.com

Carolina Country
PO Box 27306
Raleigh, NC 27611

October Events



The Flora Macdonald Highland Games will run October 6–8 in Red Springs. Call (910) 843-5000 or visit www.capefearscots.com to learn more.

MOUNTAINS

Music on Main Street

Fridays, Hendersonville
(800) 828-4244
www.historichendersonville.org

Best of Blue Ridge

Through Oct. 14
West Jefferson
(336) 846-ARTS (2787)

Aw Shucks!

Through Nov. 19, Marshville
(704) 517-5622
www.AwShucksCornMaze.com

Southern Fried Chicks

Oct. 5, Morganton
(828) 433-7469

Mountain Music Jam

Oct. 5, Collettsville
(828) 754-0960

Tri-State Jr. Rodeo

Oct. 6–7, Dudley Shoals
(828) 757-6599
www.toughenoughrodeo.com

Forest Festival & Woodsmen Meet

Oct. 7, Brevard
(828) 877-3130
www.cradleofforestry.org

Farm City Day

Oct. 7, Hendersonville
(828) 697-4884
www.historichendersonville.org

Lenoir Cruise In

Oct. 7, Lenoir
(828) 726-0616

Fall Festival

Oct. 7 & 8, Brasstown
(828) 837-2775
www.folkschool.org

"The Wizard of Oz"

Oct. 13–15, 20–22, Valdese
(888) 825-3273

Andrews Mountain Heritage Festival

Oct. 14, Andrews
(828) 321-3195

Chautaugua Ave!

Oct. 14–21, Andrews
(828) 321-3195

Celebration of Flight

Oct. 21, Andrews
(828) 837-8863

Southeastern Animal Fiber Fair

Oct. 27, 28 & 29, Fletcher
(828) 683-4026
www.saffsite.org

Mountain Glory Festival

Oct. 14, Marion
(828) 652-2215
www.mtngloryfestival.com

CC Bluegrass Festival

Oct. 14, Denver
(803) 328-3224

Carolina Bonsai Expo

Oct. 14, Asheville
(828) 665-2492
www.ncarboretum.org

Autumn Leaves Craft Show

Oct. 14, 15, 21, 22,
Waynesville
(828) 648-0500
www.braca.org

"Miss Nelson Is Missing"

October 14–29, Hickory
(828) 327-3855
www.hct.org

Lake Eden Arts Festival

Oct. 20–22, Black Mountain
(828) 686-8742
www.lakeedenartsfestival.org

Bearfootin'

Oct. 21, Hendersonville
(828) 697-2022
www.dhinc.org

Apple Festival

Oct. 21, Taylorsville
(828) 632-4451

Chrysanthemum Society Show

Oct. 21 & 22, Asheville
(828) 665-2492
www.ncarboretum.org

Car Show

Oct. 28, Collettsville
(828) 754-0960

Oyster Outing

Oct. 29, Morganton
(828) 433-7282

Vienna Boys Choir

Oct. 28, Morganton
(828) 433-7469

PIEDMONT

Blacksmithing Demo

Through Oct. 1, High Point
(336) 885-1859
www.highpointmuseum.org

Ava Gardner Museum Fest

Through Oct. 1, Smithfield
(919) 934-5830

Shakespeare Festival

Through Oct. 8, High Point
(336) 841-2273
www.ncshakes.org

Nellie Allen Smith

Pottery Competition

Through Oct. 26, Fayetteville
(910) 433-2986
www.capefearstudios.com

Fall Harvest Festival

Through Oct. 31, Youngsville
(910) 556-1771
www.hillridgefarms.com

Fear Farm

Oct. 1–31, Clayton
(919) 553-0016
www.johnstoncountync.org

Lazy O Farm Maze

Oct. 1–31, Smithfield
(919) 934-1132
www.johnstoncountync.org

Benson's Fall Fun Fest

Oct. 1, Benson
(919) 894-5117
www.johnsoncountync.org

Gardening Gala

Oct. 4, Greensboro
(336) 685-4476

Mountain Festival

Oct. 6–7, Eldorado
(910) 572-1782
www.uwharriemountainfestival.com

Variety Country

Oct. 6–7, Smithfield
(919) 209-2099
www.johnstoncountync.org

Highland Games

Oct. 6-8, Red Springs
(910) 843-5000
www.capefearscots.com

Horse Show

Oct. 7, Smithfield
(919) 923-1244
www.johnstoncountync.org

Country Auction

Oct. 7, Archer Lodge
(919) 553-5629
www.johnstoncountync.org

Living History Program

Oct. 7, Four Oaks
(910) 594-0789
www.johnstoncountync.org

American Music Jubilee

Oct. 7, 14, 21 & 23, Selma
(919) 202-9927
www.johnstoncountync.org

**Savoring the
Flavors of History**

Oct. 7, High Point
(336) 883-3022
www.highpointmuseum.org

Fall Festival & Car Show

Oct. 7, Youngsville
(919) 556-4026
www.youngvillefallfestival.com

Bluegrass Festival

Oct. 7, Mineral Springs
(803) 329-3833

Sankofa Festival

Oct. 7, Spring Lake
(919) 499-0628

Botanical Garden Free Day

Oct. 7, Fayetteville
(910) 483-5311
www.capefearbg.com

Artists Studio Tour

Oct. 7-8, Wake Forest
(919) 556-1519, (919) 570-0765
www.artistsstudiotour.homestead.com

18th Century Trade Faire

Oct. 7-8, Statesville
(704) 873-5882
www.forkdobbs.org

Colonial Living

Oct. 9-13, Burlington
(336) 227-4785
www.ah.dcr.state.nc.us/sections/hs/alamance/alaman

Pumpkin Festival

Oct. 13-14, Wilson Mills
(919) 938-3885
www.johnstoncountync.org

Quilting in the Pines II

Oct. 13-14, Pinehurst
(910) 673-0359

N.C. State Fair

Oct. 13-22, Raleigh
(919) 821-7400
www.ncstatefair.org

Autumn Leaves Festival

Oct. 13-15, Mount Airy
(336) 786-6116
www.visitmayberry.com

Big Lick ATV Drag Race

Oct. 14, Oakboro
(704) 485-4906
www.hinsonauction.com

Make It, Take It

Oct. 14, Fayetteville
(910) 483-5311
www.fascinate-u.com

A Ghastly Ghost Tour

Oct. 19-28, Fayetteville
(910) 323-1934
www.visitfayettevillenc.com

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History & Art Collide"**

Oct. 20-22, Durham
(919) 933-1015
www.durhamorangequilters.com

Riders in the Sky

Oct. 20, Clayton
(919) 553-1737
www.johnstoncountync.org

Dracula

Oct. 20-21, 27-28, Smithfield
(919) 934-1873
www.johnstoncountync.org

Spook Trail

Oct. 20-21, Mt. Olive
(919) 658-2288

Big Lick Antique Festival

Oct. 20-22, Oakboro
(704) 485-4906
www.hinsonauction.com

Alpin Hong/Pianist

Oct. 21, Goldsboro
(919) 778-1819

Grape Festival

Oct. 21, Yadkinville
(336) 679-2200, www.yvgf.com

Barbecue Festival

Oct. 21, Lexington
(336) 956-1880
www.barbecuefestival.com

Super Science

Oct. 21, Fayetteville
(910) 483-5311
www.fascinate-u.com

Preserving the Harvest

Oct. 21-22, High Point
(336) 883-3022
www.highpointmuseum.org

Folk Festival

Oct. 24, Fayetteville
(910) 323-1776
www.theartscouncil.com

Sandhills at a Crossroads

Oct. 26, Southern Pines
(910) 783-5359
www.mimsstudios.com/CDF/index.htm

Fourth. Friday

Oct. 27, Fayetteville
(910) 483-5311, www.theartscouncil.com

Three Dog Night Concert

Oct. 28, Smithfield
(919) 209-2099
www.johnstoncountync.org

Haunted Trail & Hayride

Oct. 28, Clayton
(919) 553-1555
www.johnstoncountync.org

Lizard Lick Festival

Oct. 28, Wendell
(919) 673-1029

Fall Heritage Day

Oct. 28, Kenly
(919) 284-3431
www.johnstoncountync.org



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www.midatlanticfarmshow.com

*Mary hoped
her tomato
vines would
have the same
results as
Jack's
record-setting
beanstalk*



Ghost Walk

Oct. 28, Godwin
 (910) 483-5311
www.averasboro.com

Clayton's Halloween Parade

Oct. 31, Clayton
 (919) 553-1555
www.johnstoncountync.org

Trick or Treat

Oct. 31, Fayetteville
 (910) 483-5311

COAST**ACE Chapter AACA Meet**

Oct. 7, Mount Olive
 (919) 658-3411
<http://local.aaca.org/northcarolina/secarolina>

Country Faire

Oct. 7-8, Manteo
 (252) 475-1500
www.roanokeisland.com

Sheepers' Dinner & Awards

Oct. 13-15, Kill Devil Hills
 (919) 787-6378
www.outerbankslighthousesociety.org

Yann Trefzer/Ventriloquist

Oct. 13, Oriental, (252) 249-1529

John Blue Cotton Festival

Oct. 14-15, Laurinburg
 (910) 276-2495

Bloody Reign of the Mad Miner

Oct. 20-21, 27-28, Midland
 (704) 721-4653
www.reedmine.com

Hilli Festival

Oct. 21, Havelock
 (252) 447-1101
www.havelockchamber.net

Old School Sorghum Festival

Oct. 21, Garland, (910) 564-5069

Russian Seasons Dance

Oct. 24, New Bern
 (252) 637-1119
www.cravenconcertsinc.org

Ghost Storytelling Festival

Oct. 28, Roanoke Island
 (252) 475-1500
www.roanokeisland.com

Listing Information

Deadlines: For December: October 24 |
 For January: November 24

Submit Listings Online:

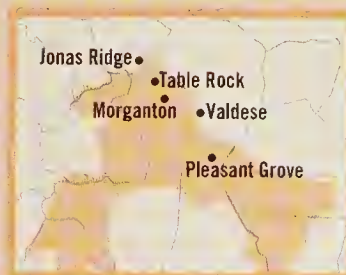
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 "See NC" to add your
 event to the magazine
 and/or our Web site.
 Or e-mail events@carolinacountry.com



CAROLINA COUNTRY adventures

Tucked in the Catawba Valley River Basin, this pretty foothills county sits where gently rolling Piedmont hills merge with the Blue Ridge Mountains. On the south side are the South Mountains and to the west are the Blue Ridge Mountains, but the climate here is fairly mild year-round. Lake James' pristine water and mountain views made it a natural setting for the film "The Last of the Mohicans." Other outdoor attractions include the rugged wilderness of Linville Gorge, the age-old mystery of the Brown Mountain Lights and panoramic vistas from Table Rock. A small-town atmosphere stretches across the county, uniting towns of Pleasant Grove and Jonas Ridge and Valdese with Morganton, the county seat. Downtown is the Alva Theatre, circa 1929. The

Burke County Rutherford EMC territory



Linville Gorge Wilderness covers more than 12,000 acres.

building is now home to a photography studio but remains an intriguing example of the "Movie Palace" genre, displaying elements of Baroque, Moorish, and Mediterranean architecture. Also in Morganton, Dale's Market, at Enola Road and Dale Street, is a fine example of turn-the-century neighborhood grocery stores. It still sells goods—look for its old hand-pump out front.

Three top spots:

Three area waterfalls: South Mountains State Park in Connelly Springs, (828) 433-4772; Linville Gorge in Pisgah National Forest, (828) 652-4841; and McGalliard Falls in Valdese, (828) 879-2126.

Sen. Sam J. Ervin Jr. Library: Ervin is best known for serving as chairman of the Senate Watergate Committee in the 1970s. Located at the library at Western Piedmont Community College in Morganton (exit 103 off I-40), the Ervin library is a replica of the late Senator's home library and offers a 10,000-item collection of books, professional and family memorabilia. Open Monday-Friday, 8 a.m. to 5 p.m. Free. (828) 438-6195 or www.museumsusa.org (type "Senator Sam" in search box).

The town of Valdese: This unusual community stands today as an inspiring symbol of its religious settlers' faith. The Waldensian Museum contains a collection of Waldensian artifacts, heirlooms and genealogical data related to the founding of early Valdese. You can also visit the Waldensian Heritage Winery, where proprietors with more than 250 years of winemaking experience produce wines. Tours, tasting, and sales are conducted there. (828) 879-2126 or visit www.valdese.com

Learn of other nearby adventures and events:

(888) 462-2921, www.burkecountytourism.com

Spring bulb calendar

Autumn to early winter is the time to plant daffodils, crocus, tulips, hyacinths and other spring-blooming bulbs. Wait until the soil temperature at the planting depth has fallen below 60 degrees. In general, October is recommended for Zone 6 and November to early December in Zones 7–8. However, bulbs can be planted any time before the ground freezes hard and soil can still be worked. Depending on the species and variety, bulbs need a cold period of 6 to 20 weeks. Choose firm, healthy bulbs. If you can't plant them right away, keep them in a cool location (50–65 degrees F) until planting.



Plant daffodils, crocus, tulips, hyacinths and other spring-blooming bulbs in autumn or early winter. For helpful bulb tips, go to www.bbg.org/gar2/topics/plants/handbooks/springbulbs/4.html or www.ces.ncsu.edu/depts/hort/consumer/hortinternet/flowering_bulbs.html

Hort shorts

- ▶ Harvest turnip roots when they are 2 to 3 inches in diameter but before heavy frosts occur in the fall.
- ▶ Pick any green tomatoes before frost and wrap them individually in newspaper in a cool room to ripen.
- ▶ Some plants that are considered tender perennials in your growing zone may survive year-round in warm or sheltered “microclimates” in your landscape. For example, experiment with a planting near a south-facing masonry wall.
- ▶ Pick outer leaves of collards and kale, as desired, for cooking. Leave a central growing point and plants will continue to produce new leaves.
- ▶ Bring houseplants inside before evening temperatures dip below 45 degrees F. Check for insects and disease and treat before introducing plants indoors. Re-pot any leggy plants. Reduce amount of watering.
- ▶ Plant garlic from mid-September through November, depending on your location (on the earliest side of the range in the western parts of the state). Garlic needs adequate time for roots to develop before winter and about a 2-month cold period for robust bulbs to form in spring. Spring planting is least optimal.
- ▶ Direct-sow seeds of larkspur, poppies, love-in-a-mist, sweet peas and bachelor's buttons now for next year's bloom.
- ▶ Cover fallow beds with layers of newspaper topped with mulch or leaves, or sow cover crops such as winter rye, buckwheat and clover.
- ▶ If the fall has been dry, give perennials a thorough final soaking before the ground freezes.

Storing the fall harvest

Sweet potatoes, onions, winter squash and apples are among the kinds of produce that can keep for months under the proper storage conditions.

- ▶ Sweet potatoes must be cured to heal any wounds on the skin and to convert starch in the roots to sugar. Put them in the warmest room in the house (above 70 degrees F) for two weeks. Afterward, store in a cool place (50–55 degrees F) such as a crawl space or cellar. They can last 6 months under ideal conditions.
- ▶ Cure onions in a well-ventilated area, out of direct sunlight, until tops are dry and peels are papery. Trim stems to about an inch. Hang in mesh bags (panty hose is another option) in a cold, dry, well-ventilated area.
- ▶ Apples may keep for many months under ideal conditions. Store the fruits, not touching each other, in baskets or boxes lined with perforated plastic or foil. Check often for any damaged fruit—apples give off a gas that speeds ripening, and injured fruits emit even more, accelerating ripening of nearby apples (thus the “one bad apple” saying). Apples are best stored at near freezing (30–32 degrees F). Apples stored at this temperature will last up to 10 times longer than those stored at room temperature.
- ▶ Most varieties of winter squash, such as butternut and acorn, will keep up to 3 months if stored in a cool, dry, well-ventilated location at about 50–55 degrees F. Spaghetti squash has a shorter shelf life.

Gardening questions?

The North Carolina Arboretum has a “curator-on-call” every weekday from noon to 1 p.m. to answer your questions about gardening and native plants in North Carolina. Every Wednesday and Friday from noon to 2 p.m., a Master Gardener volunteer is also on hand. The number is (919) 962-0522. ☺



Carla Burgess can be reached at ncgardenshare@mindspring.com

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Installing the right shades can double insulation level

Inefficient windows are a significant area of energy loss in a home and can increase your monthly utility bills. Installing new, high-tech efficient windows is a cost effective improvement, but the investment is substantial. Even with today's energy costs, it may take years, depending on the condition of your existing windows, to payback the cost of installing new ones.

Old, inefficient windows may also indirectly increase your heating bills. When the indoor window glass surface gets cold, your warm body loses more radiant heat to it. This may make you feel chilly, even in a room that is reasonably warm. When you feel chilly, this often results in setting the thermostat higher, which wastes even more energy. If you have a heat pump, this may also cause the backup electric resistance heat to come on, costing even more.

Installing insulated shades or curtains is an excellent method to improve the efficiency of old windows and your wintertime comfort. Keep in mind, though, the shades will not be nearly as effective in blocking the summer heat. For this purpose, some type of exterior shading that blocks the heat before it gets indoors is more effective.

The insulation value of typical single-pane windows is R-1 and of standard double-pane windows is R-2. The best and most efficient insulated window shades can increase this by more than R-6. Even if you have the most efficient new window glass, adding the shades can still double the insulation level. Good-quality window shades can also reduce the convection air currents near the window to keep cooler air from mixing with room air.

Obviously, the efficiency (R-value and air tightness) of the shades is important, but keep in mind they should also look good. If you install some unattractive, but efficient shades, you likely will not close them as often as you should for the greatest energy savings and comfort. I cannot tell you how many homes I have inspected only to find their efficient, insulated windows shades are not closed.

The following companies offer insulating shades and curtains:

Country Curtains (800) 937-1237
www.countrycurtains.com

Cozy Curtains (800) 342-9955
www.cozycurtains.com

Smith and Noble (800) 560-0027
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Symphony Shades (877) 966-3678
www.cellularwindowshades.com

Warm Company (800) 234-9276
www.warmcompany.com

Send inquiries to: James Dulley,
Carolina Country, 6906 Royalgreen Dr.,
Cincinnati, OH 45244 www.dulley.com

Many companies offer insulated window shades that you can find at most home centers and on the Internet. When selecting them, it is important to compare the insulation levels and how well the edges seal against the wall or window framing. Also check the ease of raising or sliding the shades open. If it is cumbersome to open, you will not use them as often as you should. The small mini-



This insulated Roman shade attaches to the head rail with Velcro® (hardware is included). This 100% cotton shade has an acrylic foam backing for insulating value and is available in six different widths.

samples in the store may not give a true indication of how a full-sized one will operate, so use some judgment when selecting them.

A Roman shade design is very popular and efficient because it can be made to be quite thick, yet still open and close easily. You can make your own Roman shade from scratch, but it is better to get well-insulated ones in kit form. The best ones have four insulating layers including reflective Mylar and a vapor barrier in the center. The Mylar helps to block radiant heat loss. A magnetic edge strip is used so they seal very well against the wall to block chilly drafts from getting around the shade.

With these kits, you should cut the insulated multilayer Roman shade fabric to the proper size and sew on your own material cover to complement your room decor. If you are not good with a sewing machine, the kits also include special double-sided adhesive strips. Running a hot steam iron over the cover activates the adhesive on the strip to stick the cover to the insulating fabric. For large windows and patio doors, side-pull curtain kits are available with the same multilayer material and magnetic seals.

Cellular-pleated shades can more than triple the insulation level of single-pane windows, and they are very easy for anyone to open and close. These are ideal for contemporary decors because they almost disappear above the window when they are opened. The pleated shades with the highest R-value use double cells and slide in vertical edge tracks to block drafts. Shades which use a denser light-blocking fabric on the side near the window glass provide slightly higher insulation. ☺

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

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Brownie Cups

- 1 cup butter
- 1 cup (6 ounces) semisweet chocolate chips
- 1 cup chopped pecans
- 4 eggs
- 1½ cups sugar
- 1 cup all-purpose flour
- 1 teaspoon vanilla extract

In a saucepan over low heat, melt the butter and chocolate chips, stirring until smooth. Cool. Add pecans; stir until well-coated.

In a large bowl, combine eggs, sugar, flour and vanilla. Fold in chocolate mixture. Fill paper-lined muffin cups two-thirds full. Bake at 325 degrees for 35–38 minutes or until a toothpick inserted near the center comes out clean.

Yield: 1½ dozen

Chunky Apple Cake

- ½ cup butter, softened
- 2 cups sugar
- ½ teaspoon vanilla extract
- 2 eggs
- 2 cups all-purpose flour
- 1½ teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon salt
- ½ teaspoon baking soda
- 6 cups chopped peeled tart apples

Butterscotch Sauce

- ½ cup packed brown sugar
- ¼ cup butter, cubed
- ½ cup heavy whipping cream

In a large mixing bowl, cream the butter, sugar and vanilla. Add eggs, one at a time, beating well after each addition. Combine the flour, cinnamon, nutmeg, salt and baking soda; gradually add to creamed mixture and mix well (batter will be stiff). Stir in apples until well combined.

Spread into a greased 13-by-9-by-2-inch baking dish. Bake at 350 degrees for 40–45 minutes or until top is lightly browned and springs back when lightly touched. Cool for 30 minutes before serving.

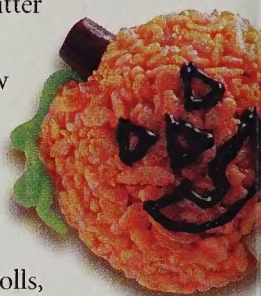
Meanwhile, in a small saucepan, combine brown sugar and butter. Cook over medium heat until butter is melted. Gradually add cream. Bring to a slow boil over medium heat, stirring constantly. Remove from the heat. Serve over the cake.

Yield: 12–14 servings



Jack-O'-Lantern Pops

- 1 package (10½ ounces) mini-marshmallows
- 3 tablespoons butter
- ⅛ teaspoon salt
- Red and yellow gel food coloring
- 6 cups crisp rice cereal
- 6 Popsicle sticks
- 3 mini Tootsie Rolls, cut in half widthwise
- 3 miniature green apple Air-Head candies, cut lengthwise into thin strips
- Black decorating gel



In a large saucepan, combine marshmallows, butter and salt. Cook and stir over medium-low heat until melted. Remove from heat; tint orange with red and yellow food coloring. Stir in cereal.

With buttered hands, shape mixture into six balls. Insert a Popsicle stick into each ball. Press half of a Tootsie Roll "stem" into the top of each. Roll Air-Head strips between hands to form vines; press into each pumpkin near stem. Make jack-o-lantern faces with decorating gel.

Yield: 6 servings

Winning reader recipe

Turtle Delights

- 1 bag of Snyder's "Snaps" Pretzels (looks like small square window panes)
- 1 bag Rolo chewy chocolate caramel candies
- 36 whole pecans

Preheat oven to 300 degrees. Line a cookie sheet with aluminum foil or parchment paper. Place 36 pretzels on cookie sheet 1 inch apart. Unwrap 36 Rolo candies and place one on top of each pretzel. Bake for 3 minutes (no longer!) set timer. Remove from oven and immediately place one pecan half on top of each Rolo. Press down slightly on pecan so the Rolo will melt into the pretzel. Cool for 10–15 minutes until candy is set. Store in an airtight container. Hint: 3 ingredients, 3 minutes, 300 degrees.

Jane Schrum of Lincolnton, a member of Rutherford EMC, will receive \$25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Include your name, address, phone number (if we have questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

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